***CRISIS ASSESSMENT WITH A DEPRESSED YOUNG ADULT***

As you watch this counseling session, pay particular attention to the following questions about the interaction between Nicole and David. Take notes, as needed, and discuss your reactions and ideas after you’ve finished watching it.

* Does Nicole’s body language give any indication of what might be going on for her emotionally? Is David’s body language appropriate for the situation – how does it help or hinder Nicole’s ability to talk about her situation?

* Identify and discuss the skill set used by the counselor: questions, simple prompts, reflections, etc. How effective are these?
* What do you think about the counselor’s assessment of the risk of self-harm? Would you feel comfortable that this is someone who will not do anything to hurt herself? If not, what else should be done?
* David uses some affirmation and validation skills with this client. Part of this affirmation is through doing some personalizing, using the skill of immediacy. How effective are these affirmation and validation skills - and what about the use of immediacy?
* At one point the counselor challenges the client…is this appropriate?
* What would you do if you didn’t feel reassured that the client would not hurt herself?
* What do you think will happen in the future between this counselor and client? What could be of most use to her?